

| [Forward to a Friend](#) | [Add to Safe Senders](#)



Issue: 28 January/February 2024

## Welcome!



Hello and welcome to our first 50 steps newsletter of 2024!

We hope you have had a happy and healthy start to the year and we are delighted to share updates and information about the many initiatives available to support residents' health and wellbeing.

As we know, starting a new year can be a time of reflection and inspiration, but also a challenging time of year due to the cold weather, short daylight and, again this year, the high cost of living, which can affect both our physical and mental health in many ways. So in this issue we highlight the support available to Newham residents during this time of year.

In particular, our Kickstart 2024 with Well Newham roadshows, where residents can get support with their health and wellbeing for 2024. Support and services offered at these events include winter vaccines, free health checks, and expert advice from various services such as the Well Newham Hub, Good thinking (mental health support), Our Newham Money (financial support), and Xyla (weight management support), amongst many others.

Also, we have been busy working on refreshing Newham's health and wellbeing strategy, 50 Steps to a Healthier Borough, including talking to residents and partners about their priorities and ways we can build on all the good work from the past three years.

Thank you to everyone who has contributed so far and we will provide an update on the strategy in the March/April issue.

In the meantime, please do [get in touch](#) if you have a health initiative you would like to include in the 50 Steps newsletter.

Wishing you a happy and fulfilled year ahead!

Best wishes,

Claire Greszczuk - Assistant Director of Public Health

### **In this issue:**

- Spotlight on Kick-start 2024 with Well Newham roadshow.
- Update on support for children and young people, including Children's Mental Health Week; pathways for children and young people; and a survey about the activities young people need.
- Update from Adult Social Care, including AskSARA.
- Exciting news about the smoking rate reducing in Newham.
- Updates on ways to keep active including: water safety courses; free half term activity programme, Our Parks and the new leisure contract.
- News from our partners, including Sport England small grants programme and raising awareness of Covid-19 treatments.

---

## **Kick-start 2024 with Well Newham**

Throughout January the public health team has been working with partners to bring health and wellbeing services to residents around the borough,



via our 'Kick start 2024 with Well Newham' roadshow events. Over 300 residents have received support and information at seven events held in libraries and community centres across Newham, and we have more events taking place in February.

Attendees were offered their winter vaccines, free health checks and information about key services such as Good Thinking mental health support, financial support (Our Newham money), Well Newham Hub services, Quit Well Newham and more. So far, over 100 residents have had their health checks and have been vaccinated (flu and COVID vaccination).

**Events in February** started on 7th of February across various locations in the borough. Please share our Kickstart 2024 with [Well Newham page](#) for more information, schedules and location plan.

## **Pathways for Children and Young People**

What does the journey from pregnancy to age 5 look like in Newham? Do you know about the help available from Health Visiting, Children's Centres and voluntary sector partners?

The public health team recently launched a 0-5 pathway which joins a collection of resources mapping out the local services available for babies, children and their families. It summarises the milestones and support available throughout a child's journey from birth to five years old.

This has the potential to be particularly helpful for those who are new to the Borough or struggling to navigate the services. It is a resource which could help parents understand the available support, reducing the chance of anyone missing out on what is available.

The 0-5 pathway was produced in collaboration with the Newham Hubs network, and is now available for use across a variety of services. Similar to the other pathways which cover support including the Health Visiting Service, Children's Centres and VCS partners, it is proving helpful in terms of indicating the journey of a young person and the interdependencies between different organisations.



Free printed versions of the pathways are available via this [form](#).

Find out more about these important services and view the pathways [here](#).

## Children's Mental Health Week

Newham Council is supporting Children's Mental Health Week this week: **5-11 February 2024**. This is a national campaign, led by the charity **Place2Be**, which prioritises improving children's mental health. In 2022, 18% of children aged 7–16 had a probable mental disorder.



The theme for 2024 is 'My Voice Matters', with a focus on empowering children and young people by providing them with the tools they need to express themselves freely.

**Free resources** are available for primary and secondary schools, as well as parents and carers.

Newham will be supporting this national campaign (which is now in its 10th year) by sharing additional resources with schools in the borough, such as our Healthy Schools mental health and vaping toolkits. We will also be working with youth zones to promote mental health services to children and young people.

There are many events taking place across the week, including a vaping webinar in collaboration with Newham CAMHS, to raise awareness of how substance misuse, including vaping, can worsen symptoms of anxiety and depression.

To view all event details and mental health resources for the week, please visit [Children's Mental HealthWeek| Well Newham](#)

## **Kailo survey for young people's mental health** 50 steps Jan newsletter Kailo JPEG12

Are you helping to support young people's mental health? If so, this is a great opportunity to have your say about the communities and activities that young people rely on for their wellbeing.

The public health team is working with **Kailo**, a research and design programme which aims to address the root causes of young people's mental health, to ensure youth participation is a focus, as part of Step 9 of the 50 Steps Strategy.

Since Autumn 2023, we have worked with two groups of young people to design solutions addressing the following areas:

- How might we support existing communities and activities that young people rely on for their wellbeing?
- How might we support the wellbeing of young people that are directly and indirectly impacted by the threat or presence of violence and crime?

We would like to hear from more young people and those working with young people, to guide our work for the first area detailed above.

Please share this **brief survey** with young people and anyone working with young people. Survey closes on the **16th February 2024**.

## **AskSARA**

AskSARA is the Council's online advice and assessment tool to help residents find solutions to make their daily living activities easier.

The platform provides impartial advice on suitable equipment and assistive technology solutions that support older people, and disabled people of all ages, to live independently and maintain their lifestyle.

AskSARA is simple and easy to use and has a 'quick and easy' 3-step self-assessment process. Here is how to use the Ask Sara platform;

# AskSARA – MAKING LIFE EASIER IN THREE SIMPLE STEPS

**1** Choose a **TOPIC** you would like help with.

## AT HOME

e.g. kitchen, bedroom, bathroom, garden, toilet, stairs



## COMMON DAILY ACTIVITIES

e.g. communicating, clothes, shoes and dressing, bathing, toileting and personal care



## YOUR HEALTH & WELLBEING

e.g. staying active, memory and mood, smell, medication management



**2 ANSWER** some simple questions about yourself and your environment.



Answer some simple questions developed by Occupational Therapists to guide you to the right advice and equipment to help make your daily living activities easier.

**3** Get your **PERSONALISED** report

It will provide ideas and tips to make your life easier and details of products that might help, where to buy them and contacts for more advice and support if needed.



SCAN ME

[newham.livingmadeeasy.org.uk](https://newham.livingmadeeasy.org.uk)

**WE ARE NEWHAM.**



For residents that require help or support to use AskSARA, please direct them to contact the Access to Adults Social Care Team on **020 8430 2000** (please select option 2). Text phone: **18001 020 8430 2000**.

AskSARA can be accessed at <https://newham.livingmadeeasy.org.uk>

## Smoking rate reducing in Newham

50 steps Jan newsletter Quit Well Newham  
JPEG

The public health team is delighted to share some fantastic news that highlights the incredible progress we and our partners have made in reducing smoking rates in Newham!

Recent data from the Office for National Statistics (ONS), published in September 2023, showcases remarkable achievements in our community. You can view the data [here](#).

Key achievements:

- Adult smoking rates in Newham have seen a substantial decrease, dropping from 13.9% in 2021 to 10.7% in 2022.
- Smoking prevalence among individuals working in routine and manual occupations has halved, reaching 9.9% in 2022 compared to 22.5% in 2021.
- Both smoking rates are not only below the London and England averages but also stand as the lowest rates among North East London boroughs.

These achievements would not have been possible without our dedicated stop smoking service; Quit Well Newham, which launched in January 2021, offering specialist support such as nicotine replacement therapy (NRT) and regulated vapes to help people quit smoking.

We have also recently signed the local government declaration for tobacco control, signalling our commitment to tackle harms associated with smoking. The specialist support our Quit Well Newham service offers, alongside targeted outreach, will ensure Newham can work towards becoming SmokeFree by 2030.

For residents interested in stop smoking or for more information visit the [Quit Well Newham service webpage](#)

## Football Foundation's PlayZone

We are delighted to announce we have been accepted into the PlayZone programme, granting us the opportunity to apply for up to 75% of the funding needed to build or refurbish multi-use games areas in six locations across the borough.



Throughout 2024, we will actively engage with local communities to shape the PlayZone project. Here's how residents can get involved:

- Help us understand the local need by sharing your experience with current sports facilities in the borough to inform the next stage of the project.
- Tell us which sports would benefit each neighbourhood.
- Assist us in ensuring that any new facilities are accessible and welcoming to everyone.

Please share this opportunity with residents so they can tell us about their experience of current sports facilities in the borough, any barriers to engaging with physical activity and how we can make sure PlayZones feels welcoming and accessible to everyone in the community.

It only takes five minutes to complete the survey on the Newham Co-create page [here](#), **survey closes on 19th February.**

For free translation of this information and the survey, please use the following code **2304350** on this [link](#) or call **0203 373 4000**.

Further information can be found here: [Football Foundation PlayZones Programme | Football Foundation](#)

## Water Safety courses

There is a fantastic opportunity for all adults (18+) who live, work or study in Newham that would like to increase their confidence in water! In collaboration with the Black Swimming Association (BSA), the leisure team is offering FREE 5-week Water Safety Courses designed to empower individuals with negative experiences in the past.

**Free water safety courses for adults**

**Black Swimming Association**  
Funded by London Marathon Foundation

10 Jan - 7 Feb 2024  
21 Feb - 20 March  
27 March - 24 April  
Every Wednesday 3 - 4 pm

**Atherton Leisure Centre**  
189 Romford Rd, London E15 4JF

To apply: 07517 850 403  
tinyurl.com/yyx78wcb  
code: NEWHAM2024

Course dates includes:

- **Every Wednesday, 21st February until 20th March 2024.**
- **Every Wednesday, 27th March until 24th April 2024.**

Location: Atherton Leisure Centre, 189 Romford Rd, London E15 4JF

To apply: Residents can call 07517 850403 or apply directly online BSA Pre-Course Assessment (google.com) using the course code: **NEWHAM2024**

## Our Parks

With temperatures starting to increase (we hope!), we would like to remind everyone living and working in Newham about the fantastic FREE fitness sessions provided by Our Parks to help everyone get active!



Our Parks is a great initiative that brings fun and inclusive outdoor exercise sessions to select parks across Newham. These sessions are led by qualified fitness coaches, ensuring a safe and effective workout experience for everyone.

All residents have to do is sign up and book sessions online for FREE. Visit [Our Parks](#) to view our full programme of sessions in Newham.

## Free Half Term Activities



We're thrilled to announce our

Free Half Term Activity Programme (from the **12th to the 16th of February**) - a collaborative effort with activeNewham and local providers to keep children and young people active and engaged over February Half Term.

There will be activities ranging from basketball and cricket to badminton and football, there's certainly something for everyone aged 5-16. We've also got mini activities tailored for children aged 3-5 year and a fantastic multi-sport offer for disabled children aged 8-18 years.

For resident interested in securing a spot for a child, kindly direct them to visit [our website](#). For more information, contact [sports@activenewham.org](mailto:sports@activenewham.org) or **07741 293506**

## Sport England small grants programme



Did you know Sport England has a Small Grants Programme, offering National Lottery funding **ranging from £300 to £15,000**? This programme supports projects that bring communities together, provide physical activities and focus on environmental sustainability.

Applications should connect with communities and utilise existing skills and assets, demonstrate a commitment to reducing environmental impact and prioritise projects working with people in disadvantaged communities.

Find out more about this fantastic opportunity and apply by visiting the [Sport England Small Grants Programme](#).

## Newham Primary Care Networks are working to address health inequalities

The Newham GP Federation, Newham Health Collaborative (NHC), has produced 10 posters to highlight the breadth of work delivered by Newham Primary Care Networks (PCNs) to reduce health inequalities in the borough.

These informative posters highlight the methods used and key outcomes, as well as next steps that will be taken.

A poster titled "Tackling Neighbourhood Health Inequalities in Newham Primary Care" with a subtitle "North East 1 Proactive Social Prescribing" and "Project: Newly diagnosed cancer patients". The poster is divided into four sections: "Aim", "Key outcomes", "Main actions", and "Next steps".

- Aim:** To ensure patients newly diagnosed with cancer have their social needs met and are receiving appropriate psychological and physical support.
- Key outcomes:**
  - Two cancer health and wellbeing events held
  - 90.9% of patients rated the support received from a social prescriber as excellent
  - All patients agreed that their social prescriber has improved their awareness of the support that is available in the community
  - 90.9% of patients felt confident to reach out to social prescribers for non-medical issues
- Main actions:**
  - Social prescriber organised two cancer wellbeing events and invited local services such as Newham Talking Therapies, Weight Management Team, Diabetic Prevention Team
  - Social prescriber contacted patients within the cohort to provide social support, such as housing, mental health, adult social care support. They also raised awareness of support available in the community
- Next steps:**
  - To continue with health and wellbeing events in collaboration with NHC Cancer Alliance, and to organise practice-based yoga sessions with support from the Newham neighbourhood senior officer

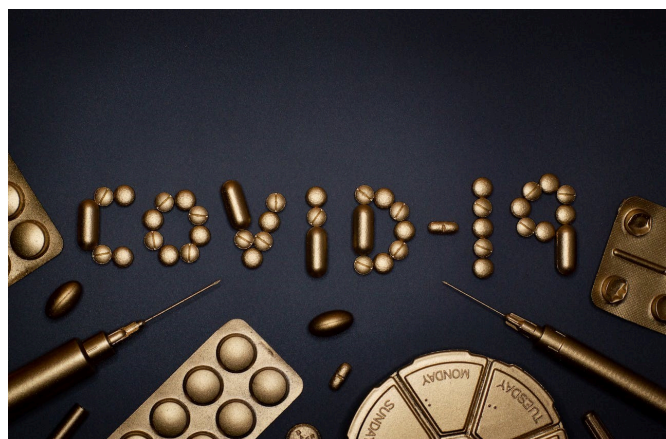
**Patient Quote:**  
"Leo Joseph (Social Prescriber) was excellent with me and listened to all my problems and tried his best to help me solve my issues. He was a good listener and very good advisor and also very friendly. With Leo's help and support I was able to have many issues in my house fixed in terms of daily living. Thank you very much Leo."

A poster has also been created highlighting the progress made across all Newham PCNs in implementing the Fuller Stocktake recommendations.

You can [view the posters on the NHC website](#).

## Raising awareness of Covid-19 treatment

Did you know that people in north east London, that have a health condition which puts them at the highest risk, may be eligible for Covid-19 treatments?





It's important that these treatments are provided as quickly as possible in order to be effective. Referrals for Covid-19 treatments can be made by GPs and people can also refer themselves.

**Getting tested:** People that are eligible for Covid-19 treatments can pick free Covid-19 rapid lateral flow tests from their local pharmacy. The pharmacy may request medical history details.

**Testing positive:** If the test is positive, they should contact their GP or refer themselves immediately by calling **020 3196 3239** or email [NEL.CMDUReferral@nhs.net](mailto:NEL.CMDUReferral@nhs.net) as soon as possible.

More information can be found by visiting the [NHS North East London website](#).

Please help us to share this important message, so that those who are most vulnerable are aware that they may be eligible for these treatments, which can prevent them from becoming seriously ill.

NHS North East London has produced materials to help us all spread the word, which you can find [here](#).

## Until next time...

If you would like to contribute to the next 50 Steps newsletter, please email your submissions to us at: [phhealth.promotion@newham.gov.uk](mailto:phhealth.promotion@newham.gov.uk).

If you have any questions or suggestions, please don't hesitate to reach out to us at [phhealth.promotion@newham.gov.uk](mailto:phhealth.promotion@newham.gov.uk).

---

Copyright © 2024 London Borough of Newham, All rights reserved.

 LDN\_RIBBON\_Logo\_PRT1

Our mailing address is: London Borough of Newham, Newham Dockside, 1000 Dockside Road,  
London, E16 2QU.



[Click here to subscribe](#). To unsubscribe from all communications, [click here](#).